

Center Meals

The center promotes Healthy Eating

Food Allergies: Children with food allergies or children with Milk allergies will need to supply a doctor note and an action plan from the doctor, the center will follow doctor orders.

Milk: 1 years will receive Whole Milk

2 years to 12 years will receive 1% Milk

Bread: 100% Whole Wheat is served

- No pork is served in the center, and we are a nut free center, no peanut butter is served, we use natural Wow butter or Sun butter at the center.
- The Center cooks with Beef and Turkey products

Mealtimes

Breakfast: 8:45 a.m. to 9:00 a.m.

AM Snack: 10:00 a.m. to 10:30 a.m. (time will vary)

Lunch Toddler: 11 a.m. to 11:30 p.m.

Lunch Preschool/Pre-k 11:30 a.m. to 12 p.m.

Lunch School age: 12:15 p.m. to 12:45 p.m.

Afternoon Snack: 3:30-4 p.m. School age Afternoon snack during school season: 4-4:30pm

Here's a taste of a weekly menu:

Breakfast

- Pancakes & Bananas
- French Toast & Grapes
- English Muffins & Orange Slices
- Bagel & Peaches
- Toasty-Os Cereal

Lunch

- Lasagna Extra Cheese, Mixed Veggies, Peaches, Roll, Milk
- Chicken Nuggets with Broccoli & Potato Wedges
- Pizza Extra Cheese, Strawberries, Corn, Milk
- Mac and Cheese Extra Cheese, Peas, Apple Sauce, Roll, Milk
- Fish Sticks, Broccoli w/Cheese, Pineapple, Roll, Milk or Sun Butter & Jelly Sandwich**

Afternoon Snack

- Goldfish
- Cinnamon Graham Crackers
- Pretzels and cheese
- Cheese Crackers
- Sun Butter & Jelly Sandwich**

* We always provide a vegetarian option.

** We take care to not serve common allergens and can adapt menus based on your child's allergies or food sensitivities.

Example of our Learning Day

Morning

Arrival 6:30 A.M. to 9:00 A.M.: Children play quietly, they can play however they choose at our learning centers.

Breakfast 8:45 A.M. to 9:00 A.M.: Breakfast is offered and served to children.

Group time 9:00 A.M. – 9:25 A.M.: Our day begins when we come together as a group to welcome each other and talk briefly about the day's planned events. We will also do things like read a book out loud or sing a song!

Activity centers 9:25 A.M. – 10:30 A.M.: Activity centers are an important part of our classrooms, and usually involve small-group activities. Your child will do things like play with blocks, experiment with creative arts, engage in dramatic play, read, do age-appropriate math or science activities, or write.

Morning snack 10:30 A.M. – 10:45 A.M.: Children will have a healthy snack

Outdoor play 10:45 A.M. – 11:30 A.M.: It's time to go outside! Mostly little ones play on their own, using their imaginations. Outdoor time can also be part of our daily themed activity.

Lunch 11:45 A.M. – 12:15 P.M.: Time to wash our hands, help set tables, and get ready to eat lunch!

Afternoon

Transition 12:15 P.M. – 12:30 P.M.: We all help clean up from lunch and get ready to rest.

Rest time 12:30 P.M. – 3:00 P.M.: Sssh ... it's quiet time. Many children will nap, but as they wake up (or if they never quite get to sleep), they can select different quiet activities, such as looking at books or drawing.

Activity centers 3:00 P.M. – 3:15 P.M.: Every afternoon, we gather as a group to talk about the day's events as well as any special events planned for the following day. Other activities could include a read-aloud or a song.

Group time 3:15 P.M. – 3:30 P.M.: Kids come back to activity centers to play and explore on their own, and also do a theme-related activity led by a teacher.

Afternoon snack 3:15 P.M. – 3:30 P.M.: They'll have a nutritious snack.

Outdoor play 3:30 P.M. – 4:15 P.M.: It's time to go outside! They might play on their own or participate in a group activity.

Activity centers and pick-up 4:15 P.M. – CLOSE: It's time for pick-up! After a busy day together, children are given the space and time to explore and play in the learning centers on their own.

Lunch is provided to children

Lunch is provided to children if they attend school part-time, when elementary school is closed, and during summer camp.

Summer Camp

Our summertime is fun and exciting, our classes enjoy sports, water fun, field trips, cooking activities, special activities, much more!

We focus on weekly themes and provide daily activities.

The summer camp consists of at least two field trips per week, along with fun and exciting adventures here at the center. The children will not only be exploring their community by going on field trips, but they will be participating in enrichment activities in reading, math, and science. We will continue to further their education by engaging them in daily activities to keep their minds stimulated while still enjoying a fun, relaxing summer.

We Offer

- Breakfast, Lunch, Morning & Afternoon snack (meals are nutritious)
- Full summertime care or one-to-two-week sessions
- Swimming trips
- Special theme days
- Arts and Crafts
- Cooking activities

Holiday Camp

Little Friends Learning Academy offers Holiday Camp during the following year:

Christmas

Spring Break

Thanksgiving

Registration for holiday camp begins prior to each holiday, contact the center for more information and get started today.